

# Escalating Costs of Health Care

*In a speech before the American Hospital Association convention in Atlanta, Ga., on August 29, 1977, HCFA Administrator Robert A. Derzon made suggestions for quick actions to contain the rising costs of health services. Following are excerpts from his address.*

□ Right now costs are escalating, according to our calculations, at the same rate as they were in 1976. Based on figures for the first 5 months of fiscal year 1977, we are projecting a 16 percent increase in expense per patient day.

□ I regret that we have come to the point of wanting to cap revenues. So does the rest of the Administration and the Congress, but frankly, the cost crunch that has been anticipated is upon us. National Blue Cross believes that something must be done about costs. Several States whose Medicaid expenses are out of control believe that. Employers who are developing their own HMOs believe it. You ought to believe it.

□ So, as we see it, we must choose between stop-gap controls now or severe chaos within the next 3 or 4 years in the financing of hospital and other health care. We are, in my judgment, well beyond the point at which we can respond to rising health expenditures with expressions of concern, rationalizations, or mutual abuse. If we, or the hospital world, had permanent reforms to suggest, now would be the time to install them. But we do not. Unless we buy additional time and use it more effectively than we have in the past decade, the opportunity for reform will be lost, along with the strengths and virtues of flexible and pluralistic health care delivery programs . . .

□ I have a short, incomplete list of things I think hospitals can do individually and collectively to help preserve the pluralistic character of the health provider world and still meet the public's concern for affordable high-quality care.

1. Every hospital in a multi-hospital city or town ought to ask why it hasn't merged with another, at least programmatically, if not organizationally and physically. What's wrong with consolidating resources in an effort to eliminate redundant capacity?

2. Announce a major campaign

to educate trustees, physicians, and the public about the costs of health care and how to limit them.

3. Stop the incredible leasing, borrowing, and the accumulation of long-term indebtedness. Debt leverages the system and, in fact, freezes it. Besides, you or we will have to pay off that debt.

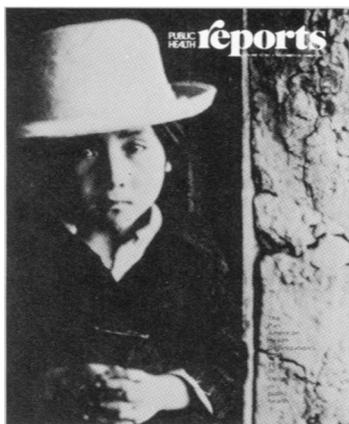
4. You and your trustees should not simply defer to physicians on every medical care issue in the hospital. . . . As long as physicians are beyond the trustee-administrator orbit, they are shielded from the problems I have highlighted, and we will make no significant progress.

5. You should be ahead of the public issues and not behind them. You need to band together with positive alternatives. . . .

6. Lastly, figure out how you can manage with aggregate revenue increases that are below double-digit inflation. Then go out and do it. . . .

□ We are well aware that health costs are not the sole responsibility of hospitals. Physicians, dentists, and other health care providers; those in the nursing home field; pharmacists and pharmaceutical manufacturers; and others too numerous to mention must begin to care as much about cost and cost effectiveness as they have cared traditionally about assuring patient therapy. We do not believe that high cost and high quality are necessarily synonymous. We do not want any American deprived of excellent care. We simply want thoughtful decision-making by both patients and their caretakers.

Robert A. Derzon  
Administrator, Health Care  
Financing Administration,  
Department of Health,  
Education, and Welfare



Cover—The health of children throughout the Americas is a concern of the Pan American Health Organization. An article on the Organization's activities during the past 75 years begins on page 537.

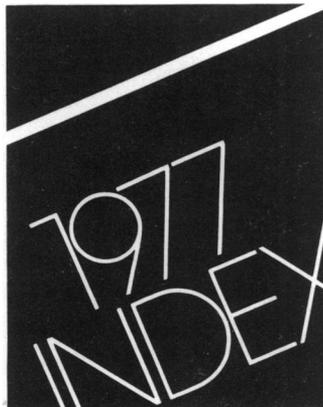
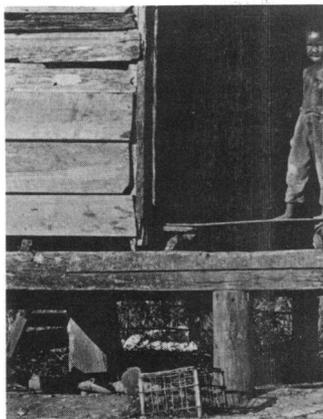
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During the study, Dr. Charles A. Alford of the University of Alabama, Birmingham, noted several unique features of herpes encephalitis. More females than males had biopsy-proved herpes encephalitis; the reverse was true in the biopsy-negative group. One-third of the herpes encephalitis patients were younger than 19 years, and 60 percent were older than 40 years. Five patients were between the ages of 6 months and 9 years, an indication that the disease is more common in children than was previously believed. Finally, most cases occurred during late winter and early spring;

none occurred during September and October. Alford observed no age or seasonal difference in the biopsy-negative patients.

This study is part of a broad NIAID-sponsored antiviral substances program. Investigators at 22 centers throughout the country participate in the collaborative Antiviral Clinical Study Group, which operates under the leadership of Alford and Dr. Richard J. Whitley of the University of Alabama. Its activities are coordinated by Dr. George J. Calasso, chief of the Development and Applications Branch, NIAID.

## Reader's Guide for Parents of Children With Handicaps

■ A reader's guide for parents of children with mental, physical, or emotional handicaps has been issued by the Bureau of Community Services, Health Services Administration.

Prepared for the Bureau by the Montgomery County (Md.) Association for Retarded Citizens, the bibliography lists books of particular interest to parents of children with mental, physical, or emotional disabilities. The authors are parents who have themselves experienced the problems of raising children with handicaps. The publication is an outgrowth of "Selected Reading Suggestions for Parents of Mentally Retarded Children," a guide prepared by the Children's Bureau, Department of Health, Education, and Welfare, in 1967 and revised in 1970.

As the preface to the guide indicates, many new parents are unprepared for the job of raising their children, but in the case of parents of children with disabilities, "advice, assistance, models to emulate, and other parents to talk with who have similar problems may well be far more difficult to find. And these parents unquestionably need specific knowledge, awareness, and understanding in order to help their children grow up

successfully and as healthy as possible." It is these needs that the reader's guide seeks to address.

Selections in parts 1 and 2 of the bibliography are divided into four categories: basic reading; books that tell how to teach, train, and play at home; books written by parents and others who have "lived it;" and books that deal more intensively with particular issues, problems, and solutions to problems. The books in part 1 are relevant to all handicaps. Part 2 lists books on particular disabilities. Part 3 has books for children about children with handicaps. Part 4 contains other sources of information, organizations, agencies, directories, and a listing of popular journals on the various disabilities.

*A Reader's Guide for Parents of Children With Mental, Physical, or Emotional Disabilities* by Coralie B. Moore and Kathryn Gorham Morton, with the assistance of Joni B. Mills. *DHEW Publication No. (HSA) 77-5290. Rockville, Md., 1976. Copies are available from the Bureau of Community Health Services, Health Services Administration, Public Health Service, 5600 Fishers Lane, Rockville, Md. 20857.*

## FEDERAL

Animal Resources. A Research Resources Directory. *DHEW Publication No. (NIH) 77-1431. 1977; 56 pages. Research Resources Information Center, 1776 E. Jefferson St., Rockville, Md. 20852.*

EPSD&T: The Possible Dream. *DHEW Publication No. (HFCA) 77-24973. 1977; 28 pages.*

Biological Regulations of Vectors. *DHEW Publication No. (NIH) 77-1380. 1977; 174 pages; \$2.50 (Stock No. 17-044-0028-1).*

Radiological Health Training Resources, 1977. *HEW Publication (FDA) 77-8023. 24 pages.*

Proceedings of the International Conference on Drug and Pharmaceutical Services Reimbursement. Edited by Albert I. Wertheimer. *Research Proceedings Series. DHEW Publication No. (HRA) 77-3186. 1977; 219 pages.*

Demonstration and Evaluation of a Total Hospital Information System. *Research Summary Series. DHEW Publication No. (HRA) 77-3188. 1977; 38 pages.*

1974 Annual Report, National Reporting System for Family Planning Services. *DHEW Publication No. (HRA) 77-1238. May 1977; 245 pages (Stock No. 017-022-00548-4).*

Current Estimates From the Health Interview Survey, United States, 1975. *DHEW Publication No. (HRA) 77-1543, Series 10, No. 115. March 1977; 74 pages; \$1.40 (Stock No. 017-022-00535-3).*

Goodenough-Harris Test Estimates of Intellectual Maturity of Youths 12-17 Years: Demographic and Socioeconomic Factors. *DHEW Publication No. (HRA) 77-1641, Series 11, No. 159. April 1977; 43 pages.*

The Association of Health Attitudes and Perceptions of Youths 12-17 Years of Age With Those of Their Parents: United States, 1966-1970. *DHEW Publication No. (HRA) 77-1643, Series 11, No. 161. March 1977; 99 pages.*

Monocular Visual Acuity of Persons 4-74 Years, United States, 1971-1972. *DHEW Publication No. (HRA) 77-1646, Series 11, No. 201. March 1977; 67 pages; \$1.30 (Stock No. 017-022-00536).*

Characteristics, Social Contacts, and Activities of Nursing Home Residents, United States: 1973-74 National Nursing

Home Survey. *DHEW Publication No. (HRA) 77-1778, Series 13, No. 27. May 1977; 64 pages.*

Federal publications are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Orders should be accompanied by check or money order and should fully identify the publication. (Publications without prices may be obtained from the issuing agency.)

**WORLD HEALTH ORGANIZATION**

The Role of Immune Complexes in Disease. *Report of a WHO Scientific Group. Technical Report Series No. 606 (ISBN 92 4 120606). 1977; 58 pages; \$3.20; Geneva.*

WHO Expert Committee on Leprosy. Fifth report. *WHO Technical Report Series No. 607 (ISBN 92 4 1206071). 1977; 48 pages; Geneva.*

Criteria for the Evaluation of Learning Objectives in the Education of Health Personnel. Report of a WHO Study Group. *Technical Report Series No. 608 (ISBN 92 4 120608X). 1977; 47 pages; \$2.40; Geneva.*

Manual of Radiation Protection in Hospitals and General Practice. Vol. 4. Radiation Protection in Dentistry. *Jointly sponsored by ILO, IAEA, and WHO. By K. Koren and A. H. Wuehrmann (ISBN 92 4 154041 9). 1977; 52 pages; \$4; Geneva.*

The Epidemiology of Road Traffic Accidents. Report on a conference, Vienna, 4-7 November 1975. *WHO Regional Publications European Series No. 2 (ISBN 92 9020 102 9). 1976; 38 pages; Copenhagen.*

Chemotherapy of Solid Tumours. Report of a WHO Expert Committee.

*WHO Technical Report Series No. 605 (ISBN 92 4 120605). 1977; 106 pages; \$4.*

Food Hygiene in Catering Establishments: Legislation and Model Regulations. Published under the joint sponsorship of the Food and Agriculture Organization of the United Nations and the World Health Organization in collaboration with the United Nations Environmental Programme. *WHO Offset Publication No. 34 (ISBN 92 4 170034 3). 1977; 16 pages; \$2.40; Geneva.*

Air Pollution and Cancer in Man: Proceedings of the Second Hanover International Carcinogenesis Meeting, held in Hanover, 22-24 October, 1975. *IARC Scientific Publication No. 16. Edited by U. Mohr, D. Schmähl, and L. Tomatis. International Agency for Research on Cancer, Lyon, France. 1977; 331 pages; \$35; Geneva.*

WHO publications may be obtained from Q Corp., 49 Sheridan St., Albany, N.Y. 12210.

**NON-FEDERAL**

11 Million Teenagers: What Can Be Done About the Epidemic of Adolescent Pregnancies in the United States. 1977; \$2.50. *Alan Guttmacher Institute, 515 Madison Ave., New York, N.Y. 10022.*

Facts and Features for Nonsmokers & Smokers. 1977. *American Lung Association, GPO Box 596, New York, N.Y. 10001.*

Cataracts and Their Treatment. By Arthur S. Freese. *Public Affairs Pamphlet No. 545. March 1977; 24 pages; 50 cents. Public Affairs Pamphlets, 381 Park Ave. South, New York, N.Y. 10016.*

Health Education: The Search for Values. By Donald A. Read, Sidney B. Simon, and Joel B. Goodman. 1977; 186

pages. *Prentice-Hall, Inc., Englewood Cliffs, N.Y. 07632.*

Treatment and Pretreatment Personality Factors in Male Alcoholics. *Hazleton Paper No. 1. By Sister Mary Leo Kammeier, Rodney G. Loper, and Helmut Hoffman. July 1977; 26 pages; \$1.50 (ISBN 89486-013-S). Here's How to Sobriety. By Luther and Eileen Ford; illustrations by Virginia Maytham Karney. 1977; 107 pages; \$2.95 (ISBN 0-89486-003-8). Addiction Is a Social Disease. By Stanton Peele and Archie Brodsky. June 1977; 15 pages; 75 cents (ISBN 0-89486-015-1). Hazleton Literature Dept., Box 176, Center City, Minn. 55012, Attn.: Kathy Blomquist.*

Organizing and Implementing an Inpatient Education Program. 1977; 24 pages; \$3. *Maryland Hospital Education Institute, 1301 York Rd., Lutherville, Md. 21093.*

Health Personnel: Meeting the Explosive Demand for Medical Care. By Harold M. Goldstein and Morris A. Horowitz. 1977; \$17. *Aspen Systems Corp., 20010 Century Blvd., Dept. RR, Germantown, Md. 20767.*

Quality Assurance Program for Long Term Care. By Thomas Ainsworth. 1977; \$17. *Aspen Systems Corp., Dept. RR, 20010 Century Blvd., Germantown, Md. 20767.*

County Officials Guide to the National Health Planning and Resources Development Act of 1974. By Andrew B. Dunham. 1977; 35 pages. *Alcoholism and Alcohol Abuse Program and National Association of Counties Research Foundation, 1735 New York Ave., NW., Washington, D.C. 20006.*

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- (\*) Original signed article
- (CR) Conference report
- (PR) Publication review
- (SR) Short report

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